

Group Fitness Schedule (Aerobics Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a	Cardio Combo Susan/Liz/Laura	Pump Liz	Cardio Combo Ben	Pump Liz			
8:30a	Cardio Pump Reann		Cardio Pump Liz		Cardio Pump Gina	8:00 am Pump Moira/Laura	
8:30a	Slimnastics (Mind Body Room) Candice	Slimnastics Debbie B.	Slimnastics (Mind Body Room) Gina	Slimnastics Debbie B.	Slimnastics (Mind Body Room) Candice		
9:30a	Pump Reann	Zumba Debbie B.	Pump Liz	Zumba Debbie B.	Pump Gina	10:00 am Zumba Lynn	10:15 am Tai Chi Chen Ming
10:45a			Zumba (Mind Body Room) Melanie				
12:00p	Balance for Life Aimee		Balance for Life Aimee				
4:30p		Pump Laura					4:00 pm Zumba Michele K.
5:30p	100% Sweat Nancy		Insanity Ben	Total Body Conditioning Nancy			
6:30p	Pump Laura	CIZE Mimi/Kate	Barre Fitness Moira	Zumba Melanie			
7:30p	Zumba Priscilla				Summer II Session: June 19-August 13		

TRX Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a		TRX YAC Renee		TRX YAC Michelle D. <i>Full</i>			
8:30a				TRX YAC Michelle D.			
9:30a			TRX YAC Renee		TRX YAC Renee		TRX YAC Renee
10:30a							TRX YAC Renee
6:30p							

Spinning Schedule (Mind Body Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a		6:00 am Yoga Spin Suzan	Spinning Michelle D.	6:00 am Yoga Spin Suzan	Spinning Suzan <i>Full</i>		
8:30a		Spinning Michelle D.					
9:30a		Spinning Renee		Spinning Renee		Spinning Michelle D.	
6:00p		Spinning Michelle D.		Spinning Suzan			

Yoga & Pilates Schedule (Mind Body Room)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30a	Pilates Mat Natalie		Pilates Mat Natalie		Pilates Mat Natalie		
10:45a	Yoga-Open Levels Tarraugh			Yoga-Open Levels Tarraugh		11:15 am Yoga-Vinyasa Tarraugh	
4:30p		Yoga-Basics Suzan <i>Full</i>		Yoga-Basics Suzan <i>Full</i>			
5:30p			Yoga-Vinyasa Tarraugh <i>Full</i>				
7:15p	Yoga-Open Levels Lucy	Pilates Mat Debbie D.			Summer II Session: June 19-August 13		

Fitness Class Descriptions (all fitness classes ages 14+)

100% SWEAT – This interval-based class alternates brief, intense bouts of cardiovascular challenge with longer recovery periods, using minimal equipment and athletic-style movements.

BALANCE FOR LIFE – In class, you will be guided through some basic exercises that will help you not only regain what you have lost, but also help improve balance.

BARRE FITNESS – Full body workout that fuses the best elements of ballet, pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching.

CARDIO COMBO – High energy workout combining all of the latest group exercise formats. Boost energy and increase endurance.

CARDIO PUMP – Get your weight workout AND your cardio workout done in the compact one hour interval class.

CIZE LIVE - Cize Live breaks down professionally choreographed dance routines, step-by-step, so that anyone can dance. It's so fun it doesn't feel like a workout - but it will burn serious calories like one.

INSANITY – A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training, which results in more calories burned, faster results, and a more efficient metabolism. Safe, challenging, and results driven for all fitness levels.

PILATES MAT – Incredible, portable Pilates Mat class teaches fun and refreshing moves to lengthen and strengthen your body from your core so you move like a dancer through life.

PUMP – A simple, athletic based workout that strengthens, tones and defines every major muscle group in your body - ideal for any fitness level.

SLIMNASTICS - This low intensity, low impact class combines cardiovascular conditioning with strength and flexibility exercises.

SPINNING® – Whether you are a new rider or a cycling veteran, this class has cardio conditioning, expert instruction and is easy to follow!

TAI-CHI - The very nature of Tai-Chi is suitable for people of all ages. It promotes limber joints, stimulates blood circulation and always leaves you feeling relaxed.

TOTAL BODY CONDITIONING – This dynamic combination class produces an incredibly effective workout through step intervals, kickboxing, and strength intervals with an abs/stretch finish!

TRX – TRX® Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability.

YOGA BASICS – Great for beginners, class will cover use of breath, simple alignment principles and instruction on classic foundational postures.

YOGA-OPEN LEVELS— Principles of breath and alignment are employed to increase strength, flexibility, and awareness. Taught in dynamic style, alternating movement synchronized with breath with held postures.

YOGA SPIN—Yoga SPIN is a combination class format that trains your heart and strengthens your lower body with a Spinning ride, and then stretches your hard-worked muscles with yoga asanas.

YOGA VINYASA – Flowing sequence of poses synchronized with breath. Here, we will move from one pose to the next, incorporating breath, awareness and alignment principles.

ZUMBA – A fusion of Latin and International music & dance themes create a dynamic, exciting effective fitness workout.

Water Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15a		Water Aerobics		Water Aerobics			
8:30a						Water Aerobics	
9:15a	Shallow & Deep Water Combo	Water Aerobics	Shallow & Deep Water Combo	Water Aerobics	Shallow & Deep Water Combo		
10:30a	Senior Water Exercise	Water Works!	Senior Water Exercise	Water Works!	Senior Water Exercise		
5:45p	Current Calisthenics		Current Calisthenics				

Water Fitness Class Descriptions (water fitness classes ages 16+)

CURRENT CALISTHENICS - Medium paced exercises that support muscles and joints, improve balance and flexibility, and increase range of motion.

SENIOR WATER EXERCISE – (Ages 60+) Improve overall balance, muscle strength, cardiovascular efficiency, and endurance.

WATER AEROBICS – A fast-paced shallow-water aerobic workout designed to increase cardiovascular performance and build endurance.

SHALLOW & DEEP WATER EXERCISE COMBO – Class includes a warm up, shallow-water aerobic workout, deep-water resistance and strengthening workout, and a warm-down for relaxation and stretching.

WATER WORKS! – Give special attention to muscles and joints affected by Arthritis, Multiple Sclerosis, Osteoporosis, and Fibromyalgia in this Low-impact class.